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ABSTRACT

Part I of this bibliography provides a selective list of picture books and suggests coordinated learning activities for children. Each entry is annotated and a suitable age range is indicated and marked with a symbol representing toddlers (18 to 36 months), preschool children (3 to 5 years), and primary school students (5 to 7 years of age). Entries marked with an asterisk are considered outstanding. Part II contains listings of nutrition references, books offering concrete examples of activities to stimulate healthy feelings, attitudes, and behaviors about food, and indices to authors, titles, subjects, and activities. (RH)

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MENU FOR MEALTIMES

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MENU

FOR

MEALTIMES

an annotated list of stories
and activities to teach nutrition

PS 015621

Michele Lauer Bader

Patchogue - Medford Library
Librarian's Alliance for Parents and Children

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PREFACE

This booklet is a result of a coordinated project between the Librarian's Alliance for Parents and Children (Suffolk County, New York) and the Dairy Council of Metropolitan New York. A special thanks is extended to the following librarians:

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Their time and effort in initially locating and annotating the picture books helped make the project both feasible and enjoyable.

We also wish to thank the staffs of the Middle Country Public Library (Centereach, New York), the Patchogue - Medford Library and the Dairy Council of Metropolitan New York. Their seemingly endless tasks of typing, re-typing and editing were necessary and invaluable for the completion of this publication.

INTRODUCTION

Early experiences with food establish attitudes and behavior patterns that have a lasting influence. As a parent or teacher, there is much that you can do to help children develop positive, healthy eating habits that will continue as they grow into adulthood.

Part I of this bibliography provides a selective list of picture books and coordinated activities. By reading the books with children, imaginations may be sparked, questions may be asked and principles of nutrition discussed. Each story is annotated and a suitable age range is indicated and marked with one of the following symbols:

T - Toddler - 18 to 36 months
Ps - Preschool - 36 months to 5 years
Pr - Primary - 5 to 7 years

Stories that have an asterisk are considered to be particularly outstanding.

Part II contains listings of nutrition references and books to extend nutrition activities with children as well as indices to authors, titles, subjects and activities.

Part I:
Storybooks and Activities

WHERE FOOD COMES FROM

Many children have no idea where the foods they eat come from or what the foods look like in their original form. Of course, real life experiences are best but stories are a nice way to introduce children to the concept.

Help your child learn that foods can be eaten in different ways: for example, peanuts, peanut butter, peanut butter soup, peanut butter cookies.

Provide your child with ways to try variations of the same food and to make a simple snack. Serve milk first, then add fruit and make a fruit milkshake. Use ¼ cup crushed fruit, (banana, strawberry, peach, etc.) and ½ cup milk. Blend or shake until smooth.

Give the children an opportunity to see how food can change form, color and texture. Talk about this when your child watches or helps you cook an egg, squeeze an orange, cook meat, bake dough, or chop or slice food.

Show the children that individual foods can be combined. Make a salad, casserole, soup.

Plant a vegetable garden with your child. Children love to eat the things they've grown.

Visit farms, gardens, orchards, farmers' markets, dairy or chicken farms.

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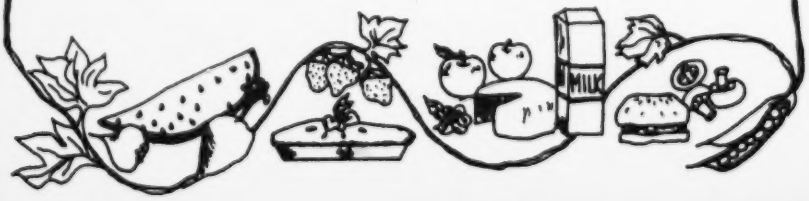


* (1) **Adams, Ruth Joyce. MR. PICKLEPAW'S POPCORN.** Illustrated by Kurt Werth. New York: Lothrop, Lee and Shepard, 1965.

Pr A farmer harvests all his corn to be used for popcorn. He pops some for himself and stores the rest in a shed. A sudden hot spell causes the shed to heat up and creates a giant mountain of popcorn.

Activity: Make popcorn. While waiting for it to pop, chant rhyme. Clapping of hands can accompany refrains to imitate popping of corn.

† **POP-POP-POPCORN**

Yellow kernels we will take
With melted butter, for to make,
(Pop-Pop-Popcorn)

Small and hard, not good to eat,
Look what happens in the heat,
(Pop-Pop-Popcorn)

The kernels hop about in the pot,
Bursting open, when they're hot,
(Pop-Pop-Popcorn)

When the lid comes off, we see,
White and fluffy as can be,
(Pop-Pop-Popcorn)

† From the book **Children's Counting-Out Rhymes, Fingerplays, Jump-Rope and Bounce-Ball Chants and Other Rhymes** by Gloria T. Delmar, p. 91.

(2) **Asch, Frank. SANDCAKE.** New York: Parents' Magazine, 1978.

T Ps Tired of the beach, Baby Bear decides to bake a cake with the help of his father. This is an excellent story for relating actual food facts and using one's creative imagination.

Activity: Draw "sand food" pictures using watered-down glue, paper and sand.

(3) **Barrett, Judith. OLD MACDONALD HAD AN APARTMENT HOUSE.** Illustrated by Ron Barrett. New York: Atheneum, 1969.

Ps Pr The superintendent in a city apartment building accidentally discovers that he prefers farm animals and vegetables to human tenants. To pay the rent, a little store is built at the entrance, selling fruits, vegetables, milk and eggs.

Activity: Try "Garbage Pail Gardening" using parts of plants you usually throw away to make new green, growing things. Parts of grapefruits, oranges, lemons, avocados, sweet potatoes, and carrots can all be grown easily.

(4) **Burch, Robert. THE HUNTING TRIP.** New York: Charles Scribner's Sons, 1971.

Ps Pr A wife accompanies her husband on a hunting trip. Each time he finds an animal, she convinces him to go after something larger. In the end he trades in his bullets for jam and peanut butter, milk, eggs and biscuits.

Activity: Prepare a meatless meal; use eggs, beans and/or cheese.

(5) **Burningham, John. THE SHOPPING BASKET.** New York: Crowell, 1980.

Ps Pr On his way to the store to buy groceries, Steven fantasizes about meeting animals who threaten to steal his food. He arrives home late, but with everything he needs.

Activity: Shop at home in your own cupboards.

(6) **Carême, Maurice. MOTHER RASPBERRY.** Illustrated by Marie Wabbes. New York: Crowell, 1969.

Ps Pr In the summertime, the children help Mother Raspberry pick berries by the basketful to cook up into jars of delicious raspberry jam. When the cold of winter sets in, Mother Raspberry shares her jam with all the animals.

Activity: Go berry picking. Discuss the benefits of harvesting and putting up foods to enjoy later in the year.

(7) **Collier, Ethel. WHO GOES THERE IN MY GARDEN?** Illustrated by Honore Guilbeau. New York: Young Scott Books, 1963.

Ps Pr With help from his neighbor, a young boy learns all about gardening: planting, weeding, insects, sun, rain.

Activity: Plant beans. Discuss the ways in which insects help plants grow. Plan a garden with your child from selecting the seeds through harvest.

(8) **DePaola, Tomie. THE POPCORN BOOK.** New York: Holiday House, 1978.

Pr As Tony prepares the popcorn, Tiny reads all about it in the P volume of the encyclopedia: history, varieties, general popcorn trivia.

Activity: Prepare the popcorn recipes included at the end of the book.

(9) **Domanska, Janina. THE TURNIP.** New York: Macmillan, 1969.

Ps Pr This is the tale of a turnip that grew so enormous that it took the grandmother, grandfather, grandson and all the farm animals to pull it out of the ground.

Activity: Discuss root vegetables: potatoes, radishes, beets, carrots, onions, turnips.

(10) Galdone, Paul. THE LITTLE RED HEN. New York: Seabury, 1973.

T Ps Without the help of her friends, the little red hen plants, cuts and grinds some wheat, bakes a cake and eats it by herself. A classic tale.

Activity: Bake a cake: carrot, banana, pumpkin, zucchini. Icing is not needed. Try applesauce topping, fresh fruits, yogurt.

(11) Goffstein, M.B. FISH FOR SUPPER. New York: Dial, 1976.

Ps This simple story of a grandmother who goes fishing depicts how one fishes on a lake, what kinds of fish are caught and their preparation for the evening meal.

Activity: Go fishing and prepare the catch for dinner. Visit a fish store and see whole fish and fillets.

(12) Hellsing, Lennart. THE WONDERFUL PUMPKIN. New York: Atheneum, 1975.

Ps The seed that little bear and big bear plant grows into an extraordinary pumpkin. They make it their home and have all kinds of adventures.

Activity: Carve a pumpkin and toast the seeds.

* **(13) Hutchins, Pat. DON'T FORGET THE BACON.** New York: Greenwillow, 1976.

T Ps An excellent story, in rhyme, describing how a little boy goes shopping for his mother and mixes up what he is supposed to buy.

Activity: Have your child make a picture shopping list of foods on cards. Look for the foods in the grocery store.

* **(14) Ipcar, Dahlov. HARD SCRABBLE HARVEST.** Garden City, New York: Doubleday, 1976.

Ps Pr Told in rhyme, this story follows a farmer through the seasons. He plants and grows his own food, always chasing the animals who come to eat.

Activity: Discuss the garden and its natural predators. Make a scarecrow.

(15) **Janice. LITTLE BEAR'S PANCAKE PARTY.** Illustrated by Mariana. New York: Lothrop, Lee & Shepard, 1960.

Ps Pr After his long winter nap, Little Bear is hungry for pancakes. With the help of his friends who read the directions, he makes a delicious treat.

Activity: Prepare food following a simple recipe. Some cookbooks listed in the parents' section use picture symbols that are excellent for use with small children.

(16) **Kahl, Virginia. THE DUCHESS BAKES A CAKE.** New York: Charles Scribner's Sons, 1955.

Ps Pr One day when the Duchess is bored, she decides to bake her family a cake. She uses too much yeast and the cake rises so high she finds herself way up in the sky. Gunhilde, her youngest daughter, supplies the answer and the Duchess is rescued. Delightful story told in rhyme.

Activity: Prepare a yeast bread or cake. Discuss the role of yeast in baking.

(17) **Kent, Jack. SOCKS FOR SUPPER.** New York: Parents' Magazine, 1978.

Ps Pr A poor couple, tired of living on turnips, trades knitted socks for milk and cheese. The wool is provided by the sweater the old man is wearing. Soon there is no more wool, no more sweater. Cute resolution.

Activity: Make a mobile of foods that come from a cow: milk, cheese, ice cream, butter.

(18) **Krasilovsky, Phyllis. THE MAN WHO COOKED FOR HIMSELF.** New York: Parents' Magazine, 1981.

Ps Pr A man who lives alone in the woods runs out of food to eat. He discovers fish in a stream, berries on a bush, apples and acorns in the trees and other good things from nature.

Activity: Discuss the difference between foods and non-foods. Make a chart that illustrates things that can be eaten and things that are not supposed to be eaten.

* **(19) Krauss, Ruth. THE CARROT SEED.** Illustrated by Crockett Johnson. New York: Harper & Row, 1945.

T
Ps A little boy plants a carrot seed. Everyone tells him "It won't come up." He continues to water and weed and it grows into a large carrot.

Activity: Plant seeds, water when the soil is dry and watch the plants grow. Bean sprouts, radishes, parsley, mint are particularly rapid growers.

(20) Lindman, Maj. SNIPP, SNAPP, SNURR AND THE BUTTERED BREAD. Chicago: Whitman, 1943.

Pr This story shows how the sun helps the grass grow. The cow eats the grass and produces milk. Snipp, Snapp and Snurr watch as their mother makes butter.

Activity: Make fresh butter. Pour ¼ cup heavy cream at room temperature into small baby food jar. Shake vigorously five minutes. Taste the buttermilk. Spread the butter on crackers and enjoy.

* **(21) Rockwell, Anne and Harlow. THE SUPERMARKET.** New York: Macmillan, 1979.

T A boy and his mother go on a fun trip to the supermarket. This book, beautifully illustrated in soft pastels, depicts easily recognizable groceries.

Activity: When grocery shopping, discuss the foods as you place them in the basket. Talk about where you might find the different items, i.e., milk in the dairy department, lettuce in the produce department.

(22) Udry, Janice May. THE SUNFLOWER GARDEN. Irvington-On-Hudson, New York: Harvey House, 1969.

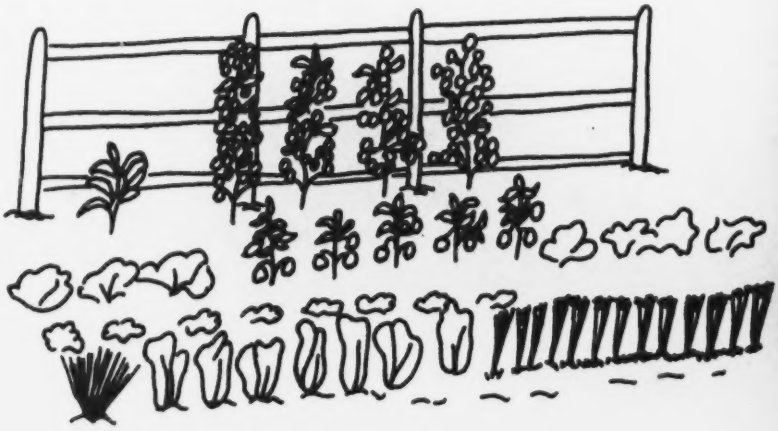
Pr Pipsa, a little Indian girl, ignored by her father and older brothers because she's female, learns to grow sunflowers. From the seeds she makes little cakes which become part of the tribe's diet and bring praise from everyone.

Activity: Plant sunflower seeds in cardboard egg cartons. Cut apart and replant (cardboard & all) after growth takes place.

(23) **Westcott, Nadine Bernard. THE GIANT VEGETABLE GARDEN.** Boston: Little, Brown, 1981.

Ps Pr The people of Peapack enter a contest for the finest vegetables at the county fair. They win first prize but their vegetables threaten to strangle the town until they prepare a giant picnic.

Activity: Make a raw vegetable snack by shelling peas, breaking pieces of broccoli or cauliflower, peeling carrots, or snapping beans.



(24) **Wondriska, William. THE TOMATO PATCH.** New York: Holt, Rinehart and Winston, 1964.

Ps The kingdoms of Krullerberg and Appletainia were so filled with weapons that there was no room for anything else. When the princes from both kingdoms became bored, they ran to the Strictly Forbidden Forest only to discover beautiful red things - tomatoes. Each returns to his own kingdom with a tomato plant...no more room for weapons.

Activity: Plan a cooperative garden with family or friends. Share seeds and plant and harvest together.

FOOD AND GROWTH

Food provides the nutrients needed for energy, growth and maintenance of body cells. We eat to get energy to grow and to stay alive. The concept of food and growth is difficult for young people to understand. Children can learn that animals and people eat food appropriate for their kind. By providing them with concrete experiences like measuring themselves or watching plants grow, they can learn to observe and recognize growth.

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(25) **Black, Irma. IS THIS MY DINNER?** Illustrated by Rosalind Fry. Chicago: Albert Whitman, 1972.

T In riddles and rhymes, this story depicts children looking for their dinner. While searching, they find foods more appropriate for other animals until mother provides a dinner that's "exactly right."

Activity: Draw foods appropriate for different animals. Play a matching game with pictures of the animals and their foods.

(26) **Calhoun, Mary. THE HUNGRY LEPRECHAUN.** Illustrated by Roger Duvoisin. New York: William Morrow, 1962.

Ps Pr This Irish folktale is about a hungry man and a leprechaun who discover potatoes through magic.

Activity:
1. Make potato prints. Cut a potato in half and carve a design using a blunt utensil. Using a stamp pad or shallow dish of paint, dip the potato and print on paper.
2. Learn the rhyme: 1 potato, 2 potato, 3 potato, 4. 5 potato, 6 potato, 7 potato, more. 8 potato, 9 potato, 10 potato, then, start all over and do it again.

* (27) **Carle, Eric. THE VERY HUNGRY CATERPILLAR.** New York: Collins, n.d.

T Ps A young caterpillar eats a variety of foods each day until it is large enough to build a cocoon and emerge as a butterfly. Cleverly designed.

Activity: Measure your child's height by laying blocks on the floor. Have your child use a tape measure and count the inches. Weigh your child and help read the scale. On a visible chart, record the weight and height at intervals.

(28) **Flory, Jane. WE'LL HAVE A FRIEND FOR LUNCH.** Illustrated by Carolyn Crol. New York: Houghton Mifflin, 1974.

Ps Pr Determined to learn how to catch birds, Peaches the cat and her friends form the Bird Watchers Club and embark on a study of bird habits with surprising results.

Activity: Make a bird feeder. Coat a pine cone with peanut butter and roll it in bird seed.

(29) Ginsburg, Mirra. MUSHROOM IN THE RAIN. Illustrated by Jose Aruego and Ariane Dewey. New York: Macmillan, 1974.

Ps When the rain begins to fall, a small ant and his friends find shelter under a tiny mushroom. The ant asks how they all managed to fit and it is the frog who finds humor in this and asks, "Don't you know what happens to mushrooms in the rain?".

Activity: Have your child pantomime a mushroom as it grows. Then play a pantomime game where your child acts out things he/she can now do that he/she could not do as a baby: rope jumping, washing dishes, eating.

(30) Rice, Eve. SAM WHO NEVER FORGETS. New York: Greenwillow Books, 1977.

T Ps Sam never forgets to feed the zoo animals their favorite foods at the same time every day.

Activity: Visit a zoo or a pet store at feeding time.

NEW FOODS...HAPPY EXPERIENCES

Trying new foods can provide a variety of experiences - new tastes, new colors, new looks, new textures - and a chance to eat the same foods the "big people" are eating.

Because children learn to like foods more easily during their first five years, this is the best time to introduce many new tastes. A child who has frequent chances to taste new foods will probably continue to accept new foods in later years.

Food jags, or episodes when the child will eat only one or two foods, are common at pre-school age. A casual attitude is the best way to handle the situation. The problem will pass. "Giving in" to these quirks will not spoil children. Being a reasonable and less demanding adult seems to help children become more reasonable and less demanding.

Try offering a small portion of a new food along with a familiar food. Let your child see you eat and enjoy the food. Expect the food to be liked. If your child doesn't want the food, try it again another time.

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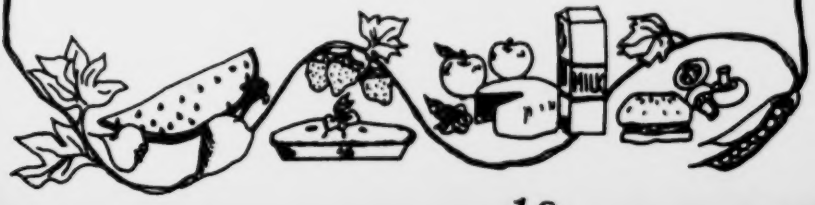


* **(31) Adoff, Arnold. EATS.** Illustrated by Susan Russo. New York: Lothrop, Lee & Shepard, 1979.

Ps Pr This collection of poems is about favorite foods and eating delights. Some recipes are included.

Activity: Write poems about favorite foods.

(32) Barrett, Judi. AN APPLE A DAY. Illustrated by Tim Lewis. New York: Atheneum, 1973.

Ps Jeremy's room fills with the apples he dislikes so much. When he decides to eat them, he gets a stomachache. The remedy...a pear.

Activity: Recite this finger play using different fruits.

Two Little Apples

Way, way up in an apple tree (stretch hands high)
Two little apples smiled at me, (clench fists for apples)
I shook the tree as hard as I could, (shake body)
Down came those apples (stoop to floor putting fists on floor)
Ummmm, they are good. (rub stomach)

* **(33) Brown, Marcia. STONE SOUP.** New York: Charles Scribner's Sons, 1974.

Ps Pr In this classic tale, three soldiers create a feast from a kettle of water and three stones.

Activity: Make a soup. Discuss the different ingredients that could be used and how they might change in form as the soup cooks.

* **(34) Cauley, Lorinda Bryan. PEASE PORRIDGE HOT.** New York: Putnam, 1977.

Ps Pr A collection of nursery rhyme and fairy tale recipes that will delight young children and entice them to eat foods they might otherwise reject.

Activity: Let your child illustrate favorite rhymes by drawing pictures of the foods mentioned.

(35) Gage, Wilson. SQUASH PIE. Illustrated by Glen Rounds. New York: Greenwillow, 1976.

Ps Pr The farmer plants squash because he likes squash pie better than any other kind. To his horror, every time the squash is ready to be picked, it is stolen. His wife finds a solution. She tastes the pie, finds that it is delicious, and the next crop is enough for nine pies!

Activity: Prepare familiar foods in a variety of ways. Try making pepper stars, carrot curls and celery fans.

(36) Heide, Florence Parry. ALPHABET ZOOP. New York: McCall, 1970.

T An alphabet book where every letter is a different food.

Ps **Activity:** Make an "Alphabet Book" of favorite foods. It is difficult to find any foods whose names begin with the letter X.

(37) Heller, Linda. LILY AT THE TABLE. New York: Macmillan, 1979.

Ps A wordless book about Lily, a reluctant eater, who fantasizes about what else she can do with her food.

Activity: Encourage your child to make up a fantasy story about a most favorite and a least favorite food.

* **(38) Hitte, Kathryn and Hayes, William D. MEXICALI SOUP.** Illustrated by Anne Rockwell. New York: Parents' Magazine, 1970.

Ps Mama goes shopping for food to make Mexicali soup but each of her children
Pr asks her to leave out one ingredient until there is nothing left but water.

Activity: When eating soups, stews and casseroles, let your child have fun guessing the ingredients.

(39) Hoban, Russell. BREAD AND JAM FOR FRANCES. Illustrated by Lillian Hoban. New York: Harper and Row, 1964.

Ps After eating her favorite food of bread and jam for many meals, Frances the
Pr badger decides to try something else. The perfect antidote for the fussy eater.

Activity: Help your child plan and prepare a nutritious meal.

(40) Kessler, Leonard. SOUP FOR THE KING. New York: Grosset & Dunlap, 1969.

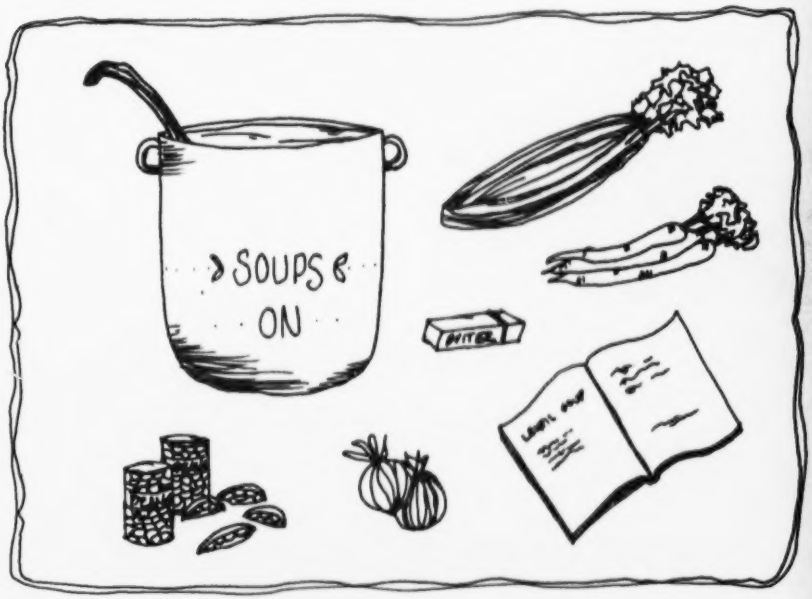
Pr The king loves soup so much that he must have it for every meal. A poor tailor, on the other hand, complains that all he ever gets to eat is soup. The problem is resolved when the tailor's family meets the king.

Activity: Talk about the variety of soups and stews and the ways in which they are eaten such as: French vichyssoise, Spanish gazpacho, Chinese birdnest, Russian borscht.

(41) Lasker, Joe. LENTIL SOUP. Chicago: Albert Whitman and Company, 1977.

Ps A farmer's wife attempts to make lentil soup like her mother-in-law's. She tries
Pr seven recipes and finally succeeds by accident.

Activity: Make a mosaic with different dried seeds and beans.



(42) Moncure, Jane Belk. A TASTING PARTY. Chicago: Children's Press, 1982.

Ps Children will learn about the wide variety of tastes as they are encouraged to
Pr participate in different tasting parties; e.g. flowers, seeds, roots, dairy products. Many types of food are introduced.

Activity: Plan tasting parties similar to those in the book. Discuss color, shape, texture, aroma and taste.

(43) Paterson, Diane. EAT! New York: Dial, 1975.

Ps Martha's parents ply her with food and beg her to eat. Martha only wants a frog. This funny story has an ironic twist (with attractive nontraditional illustrations).

Activity: Discuss how the food habits of people and animals differ.

* **(44) Rayner, Mary. MRS. PIG'S BULK BUY.** New York: Atheneum, 1981.

Ps Pr Mrs. Pig's children insist on ketchup with everything, until a big sale gives her an idea. When there's nothing to eat but ketchup, the piglets soon learn to vary their taste.

Activity: Make a picture list of fruits and vegetables. Each time your child eats one, place a star (or sticker) next to the picture.

* **(45) Sendak, Maurice. CHICKEN SOUP WITH RICE.** New York: Harper & Row, 1962.

T Ps This is a delightful collection of rhymes for each month of the year.

Activity: Talk about favorite dishes that are delicious all year round.

(46) Seuss, Dr. GREEN EGGS AND HAM. New York: Beginner Books, 1960.

Ps Pr After much persuasion, Sam gets his friend to try green eggs and ham---and to his friend's surprise, he likes it.

Activity: Use construction paper and have your child draw a mask of a new food: e.g., fried egg, apple, carrot, slice of bread. Help your child verbalize taste, smell, texture and appearance.

(47) Sharmat, Mitchell. GREGORY, THE TERRIBLE EATER. Illustrated by Jose Aruego and Ariane Dewey. New York: Four Winds Press, 1980.

Ps Gregory the goat was a picky eater. He didn't like foods all goats love, like old shoes, buttons and newspapers. His favorite foods were fruits, vegetables, eggs, bread, etc. Only after a visit to the doctor does Gregory learn to like all kinds of foods.

Activity: Help your child learn the difference between foods and non-foods such as plants, sand, medicines and chemicals. Talk with your child about things that can be eaten and things that are not supposed to be eaten.

Note: small children can easily choke on food. Foods that are small, round, tough or smooth are difficult to chew and may cause choking. Be careful with hot dogs, hard candy, nuts, grapes, raw carrots and popcorn.

BREAKFAST...A NUTRITION BONANZA

Breakfast means just what it says, "Break the fast." Foods eaten in the morning provide the body with energy and nutrients to start the day.

Breakfast is important for everyone...adults as well as children. Having nutritious food in the morning helps people perform better in school, at work, or at play.

Very young children usually have good feelings about breakfast, because they are hungry when they wake up. This is an excellent time for introducing new food combinations.

In a hurry? Many appetizing and nutritious foods can be prepared for breakfast quickly.

Some ideas to try:
Tomato juice, peanut butter/raisin faces on toast, milk.
Melted cheese on toast (broiled), fruit, milk.
Waffle sandwich filled with fruit, milk.

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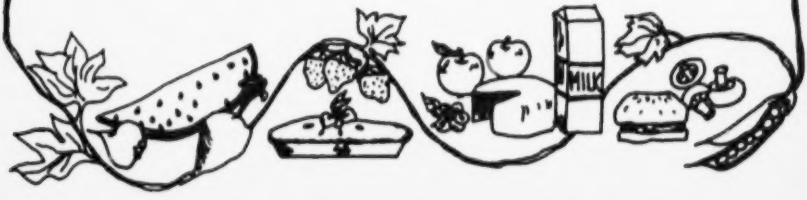


* **(48) De Paola, Tomie. PANCAKES FOR BREAKFAST.** New York: Harcourt Brace Jovanovich, 1978.

T Ps In this wordless book, a little old lady wants pancakes for breakfast but must first gather the eggs, milk the cow and churn the butter. Returning home from buying maple syrup, she finds the ingredients broken and spilled. Friendly neighbors save the day by sharing their breakfast with her.

Activity: Plan a breakfast menu around pancakes. Ask your child, "what other foods taste good with pancakes to make a nutritious meal?"

(49) Galdone, Paul. THE MAGIC PORRIDGE POT. New York: Seabury Press, 1976.

Ps Pr The porridge pot always produces food for the little girl. It runs amuck when her mother tries to use it without knowing the magic words to stop it.

Activity: Make porridge or any hot cereal.

(50) Sendak, Maurice. IN THE NIGHT KITCHEN. New York: Harper & Row, 1970.

T Ps In his dream, Mickey ventures into the night kitchen and helps the bakers prepare the dough for the morning's breads.

Activity: Visit a bakery. Talk about various kinds of bread: white, rye, raisin, whole wheat, muffins, bread sticks. Select some and have a tasting party.

Make clock charts. Show bedtime and the time a child should get up in order to have enough time for adequate preparation for the day's activities.

(51) Seuss, Dr. SCRAMBLED EGGS SUPER. New York: Random House, 1953.

Pr In order to make scrambled eggs "super-dee-dooper-dee-booper," Peter T. Hooper searches the world over for the perfect egg.

Activity: Discuss various ways eggs can be prepared: hard-cooked, pickled, fried, scrambled, omelets, egg salad, deviled, egg drop soup. Let your child select a way to prepare an egg.

(52) Sharmat, Marjorie Weinman. NATE THE GREAT. Illustrated by Marc Simont. New York: Coward, McCann & Geoghegan, 1972.

Pr Nate the Great, a young super sleuth with a passion for pancakes, searches for a painting of Fang, the dog. An easy to read, fast moving adventure.

Activity: With your child, talk about the importance of eating breakfast. Make stick puppets of favorite foods, traditional and non-traditional.

SNACKS...YES OR NO?

Yes, children need to snack because they cannot eat large amounts of foods at one time. If chosen wisely, snacks can supply nutrients and energy needed by young bodies that are growing and moving all day.

Nutritious snacks can come from all four food groups: cheese and crackers, yogurt, raw vegetables, fruits, milk, eggs, nuts, and bread. Such snacks "carry their weight" in food value. They are rich in nutrients. Limit snacks that are high in sugar, fat and salt. To guard your children's teeth encourage brushing after every meal or snack, particularly after eating sweet foods.

Young children will snack on what is available. If only nutrient-plus snacks are provided, that is what children will learn to eat.

(53) **Brandenberg, Franz. FRESH CIDER AND PIE.** Illustrated by Aliki. New York: Macmillan, 1973.

Ps A spider catches a fly and grants the fly one last wish before it is eaten. The fly chooses apple cider and pie which it shares with the spider. After drinking and eating all day, the spider is too full to eat the fly.

Activity: Discuss how juices come from different fruits and vegetables. Sample apple cider, orange, apricot nectar, pineapple, grapefruit, tomato or carrot juice.

(54) **Carle, Eric. WALTER THE BAKER.** New York: Alfred A. Knopf, 1972.

Pr When Walter the baker makes rolls that are too hard, the Duke threatens to banish him from the Kingdom. He gives Walter one chance to stay: make a roll that the sun can shine through. After many errors and mishaps, Walter invents the pretzel.

Activity: Make pretzels and experiment with a variety of shapes.

(55) **Cosgrove, Stephen. THE MUFFIN MUNCHER.** Illustrated by Robin James. Los Angeles: Price/Stern/Sloan, 1974.

Ps In a very poor kingdom a dragon demands a share of the muffins which the
Pr villagers bake and sell. When they can no longer make enough profit to keep the ovens going, the dragon provides the solution.

Activity: Make muffins and share with a friend. Try banana, bran and spicy apple.

(56) **Curry, Nancy. AN APPLE IS RED.** Glendale, California: Bowmar, 1967.

T This simple concept book shows familiar fruits "before and after".
Ps

Activity: Prepare a fruit salad.

*(57) **Galdone, Paul. THE GINGERBREAD BOY.** New York: Houghton Mifflin, 1975.

Ps * Determined to elude his fate, the gingerbread boy taunts his pursuers as he
Pr runs until a wily fox tricks him into his hungry jaws.

Activity: Bake gingerbread cookies.

Variations of this story:
Brown, Marcia, THE BUN. New York: Harcourt, Brace, Jovanovich, 1972.
Sawyer, Ruth. JOURNEY CAKE, HO! Illustrated by Robert McCloskey, New York: Viking Press, 1953.
Stobbs, William. JOHNNY-CAKE. New York: Viking Press, 1972.

(58) **Greene, Ellin. THE PUMPKIN GIANT.** Illustrated by Trina Schart Hyman. New York: Lothrop, Lee & Shepard, 1970.

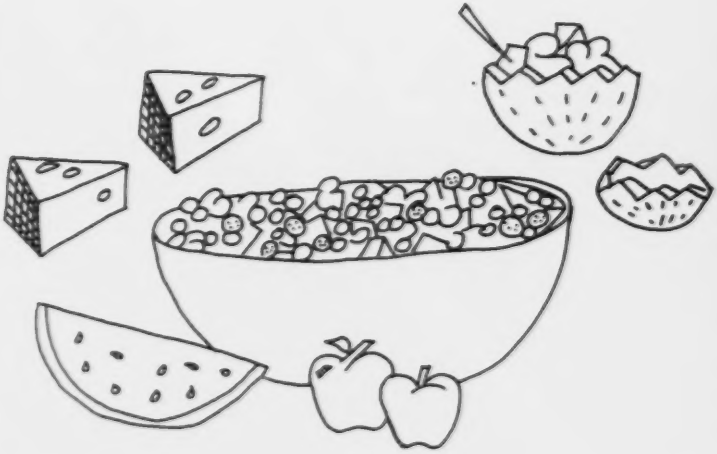
Pr A pumpkin giant terrifies the land and gives everyone the pumpkin "shakes". This is the story of how, from the slain giant's pumpkin head, the seeds scattered and hundreds of pumpkins grew. People taste it and find it delicious. A humorous, scary tale.

Activity: Have a snack party with foods that are specifically seeds: pumpkin, squash, sunflower.

(59) **Gunthrop, Karen. ADAM AND THE WOLF.** Illustrated by Attilio Cassinelli. Garden City, New York: Doubleday, 1967.

Ps Despite warnings that the wolf lived in the far woods, Adam the chick,
Pr decided to go there looking for strawberries. On his way home he meets the wolf and instead of being eaten, he charms him with his storytelling.

Activity: Have your child make up a story using a food.



* **(60) McCloskey, Robert. BLUEBERRIES FOR SAL.** New York: Viking, 1948.

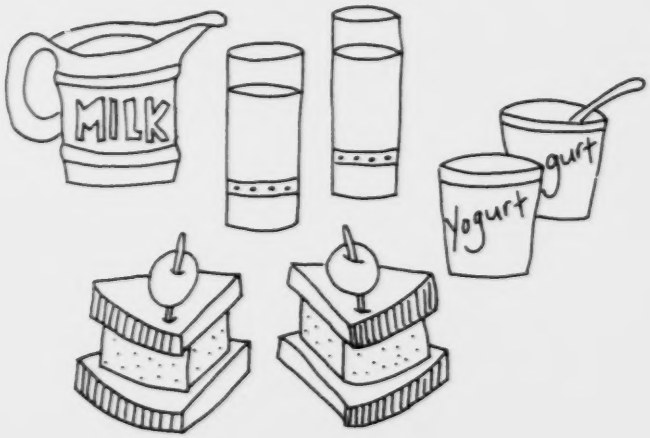
Ps Pr A child and a bear cub, both out berry picking with their mothers, become preoccupied with eating the berries. They get mixed up and end up tagging along behing the wrong mother.

Activity: Make placemats. Cut out pictures of fruits, glue on construction paper and cover with clear contact.

(61) Thayer, Jane. THE POPCORN DRAGON. New York: William Morrow & Company, 1953.

Ps Pr Dexter, a baby dragon, liked to show off by puffing clouds of smoke. None of the other animals wanted to play with him until he learned to use his smoke to pop corn.

Activity: Make popcorn and string some for the birds to eat.



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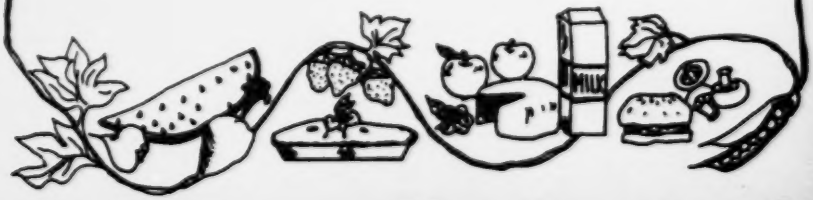
FOOD AND MANNERS...THE EXAMPLE YOU SET

Watch your child playing. Do you see some of your actions or words? Watch at mealtime. Does your child imitate the manners and eating habits of the adults?

Your children learn from the people around them . If you want your child to eat fruit, vegetables, milk, grains and meat, it's best to eat these foods yourself and let your child see you eating them. Your likes and dislikes will be noticed and imitated by your child. You can help your child develop good eating habits and table manners by setting a good example.



(62) **Gurney, Nancy and Eric. THE KING, THE MICE AND THE CHEESE.** New York: Beginner/Random, 1965.

Ps Pr A cheese-loving king is besieged by mice. His wise men try to get rid of the mice by bringing in a variety of other animals. After an unsuccessful attempt the king finally decides to accept the mice if they learn to eat with very nice manners.

Activity: Every family has its own mealtime standards. Let your child know what kind of behavior is expected in your home.

*(63) **Hoban, Russell. DINNER AT ALBERTA'S.** Illustrated by James Marshall. New York: Thomas Y. Crowell, 1975.

Ps Pr Arthur is reluctant to improve his table manners until he meets his sister's friend.

Activity: Plan a tea party. Reverse roles. As a parent, behave as Arthur before he became mannerly. Have your child point out ways you might improve your manners.

(64) **Mayer, Mercer. FROG GOES TO DINNER.** New York: Dial, 1974.

Ps A pet frog hides in the pocket of a young boy as he departs with his family to a fancy restaurant. Once inside, the frog hops from one diner to the next, causing quite an upset. A wordless picture book.

Activity: Pretend "going to a restaurant" and discuss appropriate behavior. Then take your child to a comfortable, family style restaurant.

(65) **Oxenbury, Helen. EATING OUT.** New York: Dial, 1983.

T Ps All the calamities that could happen, do happen when a toddler and his parents eat dinner at a restaurant. Two to four year olds will relish the realistic, "un-pretty" illustrations. A small treasure.

Activity: Clean and save restaurant throw-aways: cardboard boxes, jams and stirrers. "Eat-out" at home.

WEIGHT CONTROL

The preschool years are critical in establishing favorable food habits. Emphasis should be on developing desirable food practices and attitudes toward food. Children vary in their patterns of growth and this is often reflected in their food choices. The "Clean Plate Club" can be overdone. To some parents, a fat child is a healthy child. To some, wasting food is sinful. To others, certain foods are reward foods. A child who has been exposed to such pressures grows up with a distorted view of the place of food in his or her life.

Stress the importance of exercise with your child. Ideal body weight depends on a balance between the calories we consume in the form of food and the calories we burn up in the form of daily activity.

How can parents help?

1. *Schedule planned mealtimes and snacks. Avoid uncontrolled, undisciplined eating.*
2. *Serve small portions. Give the child choices - "Carrots or squash?" Allow the children to choose "second helpings."*
3. *Encourage drinking water. Limit intake of flavored beverages, including fruit juice.*
4. *Allow time for eating. However, if there is unnecessary dawdling or refusal to eat, remove the plate without a fuss. The child soon learns this is not a way to get attention.*
5. *Do not use foods as a reward. Try a hug, extra playtime, favorite game.*

(66) **Corbin, William. THE DAY WILLIE WASN'T.** New York: Coward, McCann & Geoghegan, 1971.

Pr Perfect Willie eats everything offered him and grows enormous. He stops eating, almost disappears and finally learns moderation.

Activity: Ask your child "What would happen if you stopped eating? How would you feel?" Discuss how your physical appearance would change if you did not get enough food for a long period of time.

(67) **Gag, Wanda. THE FUNNY THING.** New York: Coward, McGann & Geoghegan, 1929.

Pr Bobo, the man of the mountains, feeds the birds and animals. A "Funny Thing" appears one day telling Bobo it eats children's dolls. Bobo thinks of a plan to entice the "Funny Thing" to eat "jum-jills", a snack of nuts, fruit and berries.

Activity: Ask your child "what would happen if you just sat all day?". Do simple exercises. Play Simple Simon.

(68) **Kahl, Virginia. THE PERFECT PANCAKE.** New York: Charles Scribner's Sons, 1960.

Pr There once was a lady who made the best pancakes in all the land. The townspeople would beg for second servings but she allowed just one pancake to a person. One day the town was visited by a clever young man who came up with a ploy to get the lady to serve him one pancake after another.

Activity: Discuss second servings and eating in moderation.

(69) **Marshall, James. YUMMERS.** Boston: Houghton Mifflin, 1972.

Ps Emily Pig, needing to diet, decides to exercise by walking. While walking with her friend, Eugene, she goes on a food binge that ends with a "tummy" ache.
Pr Eugene suggests that she "stay in bed, rest and eat plenty of good food!". A humorous example of how not-to-diet.

Activity: With your child, look through magazines and cut out activities you would like to do. Discuss the activities that take more energy and those that take less energy.

(70) **Williams, Jay. PETTIFUR.** Illustrated by Hilary Knight. New York: Four Winds Press, 1977.

Ps Pettifur the cat, treated too well with gourmet foods, grows fat. Unable to catch mice, word gets around and the rodents begin to move in. Pettifur, realizing his predicament, goes on a diet and learns to eat in moderation.

Activity: Ask your child "what happens if too many foods are eaten too often?"

LET'S CELEBRATE

Holidays and other celebrations are fun times for the whole family. They often mean special foods, special people, and good times. Children learn that cooking and eating are times for happiness and for sharing experiences with family and friends. Through food, children can be introduced to their ethnic, religious, and national heritage.

Helping is part of the fun. Young children often want to help so that they can feel included. Let them assist with mixing, pouring, decorating, and carrying things to the table. Talking about the occasion and the food will add to the enjoyment.

> **Note:** *Some foods traditionally eaten at holiday times, such as Halloween candy and birthday cake, are not always the best choices for young children. Help your child understand that these foods may be eaten once in awhile, but not in place of nutrient-plus foods. Nutrient-plus foods can become traditions, too.*

* (71) **DePaola, Tomie. WATCH OUT FOR THE CHICKEN FEET IN YOUR SOUP.** Englewood Cliffs, New Jersey: Prentice-Hall, 1974.

Ps Pr Embarrassed to introduce his friend to his old-fashioned Italian grandmother, Joey is pleased to discover that grandma and Eugene get along. Great story, with an ethnic theme that is applicable to all.

Activity: Prepare bread dolls or other creatures according to the recipe at the end of the book.

(72) **Devlin, Wende and Harry. CRANBERRY THANKSGIVING.** New York: Parents' Magazine, 1971.

Pr Maggie and her grandmother live on a New England cranberry farm. After the harvest, each invites a guest to join their Thanksgiving dinner highlighted by Grandma's famous cranberry bread. All goes well until one of the guests tries to steal the secret cranberry bread recipe.
(**Cranberry Halloween** and **Cranberry Christmas** by the same authors).

Activity: Make the cranberry bread recipes at the end of each book.

(73) **Goodall, John S. THE SURPRISE PICNIC.** New York: Atheneum, 1977.

Ps In this wordless book a cat and her kittens take a picnic lunch to a small island. They set up their lunch on a big rock and when ready to eat find it has disappeared. From then on it's one surprise adventure after another until they get home, safe but hungry.

Activity: Plan a picnic and talk about foods to take along.

* (74) **Hirsh, Marilyn. POTATO PANCAKES ALL AROUND: A Hanukkah Tale.** New York: Bonim Books, 1978.

Pr * On the eve of Hanukkah, a peddler teaches a family how to make potato pancakes from a crust of bread. An ethnic **Stone Soup.**

Activity: Discuss foods traditionally served at Hanukkah; make potato pancakes. Talk about pancakes served world round: French crepes, Italian cannelloni, Russian blini, Hungarian palacsinta, Chinese egg rolls, Jewish blintzes.

(75) **Hoban, Lillian, ARTHUR'S CHRISTMAS COOKIES.** New York: Harper & Row, 1972.

Pr When Arthur spends all his money on himself, he decides to make Christmas cookies as presents for his family.

Activity: Bake cookies to give as gifts. Try oatmeal-raisin or peanut butter.

(76) **Kahl, Virginia. PLUM PUDDING FOR CHRISTMAS.** New York: Charles Scribner's Sons, 1956.

Pr The duchess and her 13 daughters promise the King plum pudding for Christmas dinner. But problems arise when Baby Gunhilde eats the plums. How some plums appear in the nick of time makes a rollicking tale. All in rhyme.

Activity: Prepare a holiday tree as a centerpiece. Go for a walk and find nicely shaped branches. Sink the branches in clay in a shoe box. Decorate the box and hang play dough or food pictures of the season on the branches.

(77) **Mandry, Kathy and Toto, Joe. HOW TO MAKE ELEPHANT BREAD.** New York: Pantheon, 1971.

T This book is an assortment of easy recipes presented in a funny manner that
Ps appeal to young children.

Activity: With your child, think of creative names for special occasion foods. Plan a menu of "giggle foods" for a party.

• (78) **Orbach, Ruth. APPLE PIGS.** New York: William Collins, 1977.

Ps A rollicking rhyme tells the story of an old tree that comes back to life when
Pr cared for by a little girl. Apples grow without stopping until the family decides to have an apple feast.

Activity: Make apple pigs following directions at the end of the story. Talk about using the same food in different ways; apple, applesauce, apple cobbler, baked apple. Discuss how the color, texture and shape changes.

• (79) **Rice, Eve. BENNY BAKES A CAKE.** New York: Greenwillow, 1981.

T Benny helps mother bake a cake for his birthday only to have it eaten by the
Ps family dog. Father arrives with a store-bought birthday cake, and saves the occasion.

Activity: Bake a cake. Encourage conversation about the food as it is prepared. Use the proper tools and supply correct names for utensils, ingredients and processes.

(80) Welber, Robert. THE WINTER PICNIC. Illustrated by Deborah Ray. New York: Pantheon, 1970.

T
Ps This special story depicts a little boy who convinces his mother that you can have a picnic in the winter.

Activity: Plan a winter picnic of "summer foods." Don't forget a blanket and beach ball.

(81) Zion, Gene. SUGAR MOUSE CAKE. Illustrated by Margaret Bloy Graham. New York: Charles Scribner's Sons, 1964.

Pr Tom, ninth assistant to the chief pastry cook, enters a contest to become the new chief. Tina, a little white mouse who lives in the flour pantry, helps Tom win the contest.

Activity: Make bread, cookies or cake and let your child decorate.

* **(82) Zolotow, Charlotte. MR. RABBIT AND THE LOVELY PRESENT.** Illustrated by Maurice Sendak. New York: Harper and Row, 1962.

Ps Mr. Rabbit helps a little girl as she chooses her mother's birthday present. After much discussion, they select a basket of colorful fruit.

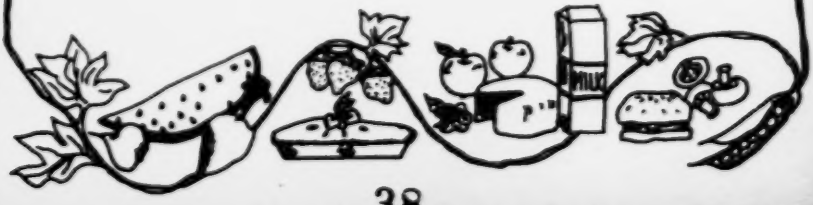
Activity: Make a paper collage of colorful foods.

ADVERTISING AND YOUR CHILD'S FOOD CHOICES

Many things influence a young child's food choices: adults, older children, friends, experiences at school and television.

Children often believe that what they see on television is real and true. In addition, they may be unable to distinguish between the commercials and the programs. Watch children's television shows with your child and be aware of how often and what kind of ads are shown. Help your child learn the difference between an advertisement and a program.

Advertisers use many appeals to make "sweet" foods seem very desirable to the young child. As a result, the child recognizes the advertised foods and probably will ask you to buy them. Parents may need to say "no" when these products are not wise food choices, and then help their child understand the reasons for the decision.



(83) Asch, Frank. GOOD LEMONADE. Illustrated by Marie Zimmerman. New York: Franklin Watts, 1976.

Ps The lemonade at Hank's stand is not very good. The neighborhood thinks he needs better tasting lemonade; Hank feels he needs better advertising.

Activity: Cut out an open "screen" from a cardboard box to create a television set. Help your child create puppets with paper bags or draw faces on paper plates. Enact a TV commercial on good eating. Let the puppet pretend to prepare a nutritious snack.

(84) Rosen, Winifred. RALPH PROVES THE PUDDING. Garden City, New York: Doubleday, 1972.

Ps Ralph is hired to make a commercial about a pudding which he thinks tastes like "shoes". How does the studio get him to change his mind?

Pr Note: Substituting one product for another on a commercial is not allowed by the Federal Trade Commission.

Activity: Have your child pick out a favorite commercial about food. Discuss why the commercial is liked. Is the product nutritious?

POTPOURRI

The stories in this section have food as a theme but do not clearly fit any of the previous subject areas. They may trigger questions to ask and activities you might like to do with your child.

* **(85) Barrett, Judi. CLOUDY WITH A CHANCE OF MEATBALLS.** Illustrated by Ron Barrett. New York: Atheneum, 1978.

Ps Pr After a flipped pancake lands on Henry's head, his grandfather tells a tale about a town called Chewandswallow. In this town, all the people's food fell from the sky and bad weather meant drifts of cream cheese and jelly sandwiches or tomato tornadoes. Hysterically funny.

Activity: Make up riddles about foods.

Question: "I have eyes but cannot see and I wear a brown coat. What am I?"
Answer: A potato.

(86) Burningham, John. THE CUPBOARD. New York: Thomas Y. Crowell, 1975.

T A young child opens the kitchen cupboard, plays with all the pots and pans and then puts them away, with Mom's help.

Activity: Encourage your child to explore the kitchen. Set aside a cupboard for his/her use with safe plastic containers and bowls.

* **(87) DePaola, Tomie. STREGA NONA.** Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1975.

Ps Pr Big Anthony, hired by Strega Nona to take care of her house and garden, disobeys her order to never touch her special pasta pot.

Activity: Make a noodle collage or necklace. Macaroni comes in a large variety of shapes and sizes and can be painted.

(88) Kent, Jack. THE EGG BOOK. New York: Macmillan, 1975.

Ps In this delightful wordless picture book, a hen observes a chick hatching out of an egg. She then wanders about and sees many other animals (turtles, snakes, ducks, an alligator) hatch from other eggs. She finally returns to the barn where she lays an egg of her own that hatches into a chick.

Activity: Make egg shell glitter. Color egg shells with vegetable food coloring. Have the children break the shells with their fingers or crush with rolling pin. Designs are fun to make when glue is applied to paper, glitter applied, allowed to dry and the excess spilled off.

Part II:
References and Indices

NUTRITION REFERENCES FOR PARENTS AND TEACHERS

It is sometimes difficult to determine what is sound, accurate nutrition information when nutrition guidelines commonly offered through the popular press, TV and radio often differ. How do you know what to believe, if you want to make the best food choices for your child? Although this bibliography is by no means exhaustive, the books listed in this section provide current, reliable information.

Arlin, Marian. **THE SCIENCE OF NUTRITION.** Second Edition. New York: Macmillan Publishing Co., 1977.

Beal, Virginia A. **NUTRITION IN THE LIFE SPAN.** New York: John Wiley and Sons, 1980.

Brody, Jane. **JANE BRODY'S NUTRITION BOOK.** New York: W.W. Norton and Company, 1981.

Deutsch, Ronald M. **THE NEW NUTS AMONG THE BERRIES.** Palo Alto, California: Bull Publishing Company, 1977.

Deutsch, Ronald M. **REALITIES OF NUTRITION.** Palo Alto, California: Bull Publishing Company, 1976.

Guthrie, Helen Andrews. **INTRODUCTORY NUTRITION.** 4th Edition. St. Louis, Missouri: C.V. Mosby Company, 1983.

Herbert, Victor and Barrett, Stephen. **VITAMINS AND "HEALTH" FOODS: THE GREAT AMERICAN HUSTLE.** Philadelphia: George F. Stickley Company, 1981.

Marshall, Charles W. **VITAMINS AND MINERALS: HELP OR HARM?** Philadelphia: George F. Stickley Company, 1983.

McWilliams, Margaret. **NUTRITION FOR THE GROWING YEARS.** Third Edition. New York: John Wiley & Sons, 1980.

Natow, Annette and Heslin, Jo Ann. **NO NONSENSE NUTRITION FOR KIDS.** New York: McGraw-Hill, 1985.

Peavy, Linda S. and Pagenkopf, Andrea L. **GROW HEALTHY KIDS.** New York: Grosset & Dunlap, 1980.

Pipes, Peggy L. **NUTRITION IN INFANCY AND CHILDHOOD.** 2nd edition. St. Louis: C.V. Mosby, 1981.

Robertson, Laurel; Flinders, Carol; Godfrey, Bronwen. **LAUREL'S KITCHEN.** Berkeley, California: Nilgiri Press, 1976.

Satter, Ellyn. **CHILD OF MINE: FEEDING WITH LOVE AND GOOD SENSE.** Palo Alto, California: Bull Publishing, 1983.

Stare, Frederick J. and Aronson, Virginia. **YOUR BASIC GUIDE TO NUTRITION.** Philadelphia: George F. Stickley, n.d.

EXTENDING NUTRITION ACTIVITIES FOR CHILDREN

Many parents and teachers may desire additional or more extensive activities than those suggested in the first section of this booklet. Nutrition activities, games, cooking experiences, and arts and crafts projects can provide a focus for discussing wise food choices with your preschoolers. The books listed in this section offer concrete examples of activities and cooking experiences that can be used to stimulate healthy feelings, attitudes, and behaviors regarding food.

Ackerman, Caroline. **COOKING WITH KIDS.** Winnipeg, Manitoba: Turnstone Press, 1981.

Baxter, Kathleen M. **COME AND GET IT.** Third Edition. Ann Arbor, Michigan: Children First Press, 1981.

Edge, Nellie. **KINDERGARTEN COOKS.** Port Angeles, Washington: Peninsula Publishing, 1975.

Goodwin, Mary T. and Pollen, Gerry. **CREATIVE FOOD EXPERIENCES FOR CHILDREN.** Washington: Center for Science in the Public Interest, 1980.

Harms, Thelma. **LEARNING FROM COOKING EXPERIENCES.** Menlo Park, California: Addison-Wesley, 1981. (A Teacher's Guide to **Cook and Learn** by Veitch and Harms.)

Johnson, Barbara. **CUP COOKING.** Mt. Rainer, Maryland: Gryphon House, 1978.

McAfee, Oralie. **COOKING AND EATING WITH CHILDREN.** Washington, D.C.: Association for Childhood Education International, 1974.

McClenahan, Pat and Jaqual, Ida. **COOL COOKING FOR KIDS.** Belmont, California: Fearon Pitman Publishers, Inc., 1976.

United States Department of Agriculture. **WHAT'S TO EAT? AND OTHER QUESTIONS KIDS ASK ABOUT FOOD.** Washington D.C.: Superintendent of Documents, US Government Printing Office, 1979.

Veitch, Beverly and Harms, Thelma. **COOK AND LEARN.** Menlo Park, California: Addison-Wesley, 1981.

Wanamaker, Nancy; Hearn, Kristin; Richarz, Sherrill. **MORE THAN GRAHAM CRACKERS.** Washington, D.C.: National Association for the Education of Young Children, 1979.

Wishik, Cindy S. **KIDS DISH IT UP...SUGAR-FREE.** Port Angeles, Washington: Peninsula Publishing, 1982.

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